



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
UNITED STATES ARMY QUARTERMASTER CENTER AND SCHOOL
ARMY CENTER OF EXCELLENCE, SUBSISTENCE
1201 22D STREET
FORT LEE, VIRGINIA 23801-1601

ATSM-CES-OC

15 October 2003

MEMORANDUM FOR RECORD

SUBJECT: Meal Kit Policy

1. Purpose. The following memorandum will outline the composition requirements needed for frozen and shelf stable meal kits in order to gain approval from the Army Center of Excellence, Subsistence for distribution to Army installations.

2. The following provides the composition requirements for a Complete Frozen Military Lunch Meal Kit:

- Sandwich - Kit must have a minimum of 4 oz meat and 2 oz cheese. Kit may have one or two sandwiches; one sandwich with 4 oz meat and 2 oz cheese or two sandwiches with 2 oz meat and 1 oz cheese will meet minimum requirements.

- Chips - Large bag of chips 1.5 oz package minimum.
- Fruit Cup - 4 oz cup minimum.
- Dessert - Large cookie or candy bar 1.5 oz minimum.
- Drink - 8 oz minimum. Water or sport drinks are not approved for use in military meal kits.
- Condiments - Two .5 oz or one 1 oz Mayo packet.
Two .5 oz or one 1 oz Mustard packet.
- Calories - minimum 1100 - 1650 maximum.
- Calories from Fat - 540 maximum.
- Total Fat (g) - 60g maximum.
- Saturated Fat (g) - 25g maximum.
- Cholesterol (mg) - 220mg maximum.
- Sodium (mg) - 4100mg maximum.
- Total Carbohydrates (g) - 220g maximum.
- Protein (g) - minimum 40g - 70g maximum.

3. The following provides the composition requirements for a Job Corps/National Guard/JROTC/Boy Scouts Frozen Lunch Meal Kit:

- Sandwich - Kit must have a minimum of 2 oz meat and 1 oz cheese.
- Chips - Large bag of chips 1.5 oz package minimum.
- Fruit Cup - 4 oz cup minimum.
- Dessert - Large cookie or candy bar 1.5 oz minimum.

- **Drink** - 8 oz minimum. Water or sport drinks are not approved for use in military meal kits.
- **Condiments** - Two .5 oz or one 1 oz mayo packet.
Two .5 oz or one 1 oz mustard packet.
- **Calories** - minimum 775 - 1200 maximum.
- **Calories from Fat** - 375 maximum.
- **Total Fat (g)** - 67g maximum.
- **Saturated Fat (g)** - 17g maximum.
- **Cholesterol (mg)** - 115mg maximum.
- **Sodium (mg)** - 2800mg maximum.
- **Total Carbohydrates (g)** - 170g maximum.
- **Protein (g)** - minimum 15g - 40g maximum.

4. The following provides the composition requirements for Shelf Stable Military Lunch Meal Kits:

- **Entree** - Kit must have a minimum of 2 entrees (examples: ham salad, egg salad, beans and franks, BBQ beef, vienna sausage).
- **Chips** - Large bag of chips 1.5 oz package minimum.
- **Bread** - Bun type bread for condiments
- **Fruit Cup** - 4 oz cup minimum.
- **Dessert** - Large cookie or candy bar 1.5 oz minimum.
- **Drink** - 8 oz minimum. Water or sport drinks are not approved for use in military meal kits.
- **Condiments** - when applicable.
- **Calories** - minimum 1250 - 1800 maximum.
- **Calories from Fat** - 850 maximum.
- **Total Fat (g)** - 110g maximum.
- **Saturated Fat (g)** - 30g maximum.
- **Cholesterol (mg)** - 330mg maximum.
- **Sodium (mg)** - 2700mg maximum.
- **Total Carbohydrates (g)** - 220g maximum.
- **Protein (g)** - minimum 20g - 50g maximum.

5. The following provides the composition requirements for Shelf Stable Military Breakfast Meal Kits:

- **Cereal** - Large cereal bowl pack.
- **Milk** - 8oz 1% UHT milk.
- **Fruit Cup** - 4 oz cup minimum.
- **Breakfast Bar** - Nutri-grain type breakfast bar.
- **Juice** - 5.5 oz minimum fruit juice.
- **Pastry** - 2 Pack toaster pastry (assorted flavors).
- **Calories** - minimum 900 - 1200 maximum.
- **Calories from Fat** - 210 maximum.
- **Total Fat (g)** - 25g maximum.
- **Saturated Fat (g)** - 10g maximum.
- **Cholesterol (mg)** - 20mg maximum.
- **Sodium (mg)** - 1000mg maximum.
- **Total Carbohydrates (g)** - 240g maximum.
- **Protein (g)** - minimum 15g - 25g maximum.

6. The following provides the composition requirements for Shelf Stable Military Brunch Meal Kits:

- Cereal - Large Cereal Bowl Pack.
- Milk - 8oz 1% UHT milk.
- Fruit Cup - 4 oz cup minimum.
- Breakfast Bar - Nutri-grain type breakfast bar.
- Juice - 5.5 oz minimum fruit juice.
- Condiments - Peanut butter and jelly.
- Bread - Bun type bread for condiments.
- Calories - minimum 900 - 1200 maximum.
- Calories from Fat - 250 maximum.
- Total Fat (g) - 30g maximum.
- Saturated Fat (g) - 12g maximum.
- Cholesterol (mg) - 30mg maximum.
- Sodium (mg) - 1200mg maximum.
- Total Carbohydrates (g) - 220g maximum.
- Protein (g) - minimum 20g - 50g maximum.

7. The following provides the composition requirements for Complete Frozen Military Breakfast Meal Kits:

- Entrée - Breakfast sandwich (Example: ham and cheese/egg, bacon and cheese croissant).
- Cereal/Pastry - Large cereal bowl pack or large pastry (Example: large cinnamon Danish).
- Milk - 8oz 1% UHT milk.
- Fruit Cup - 4 oz cup minimum.
- Breakfast Bar - Nutri-grain type breakfast bar.
- Juice - 5.5 oz minimum fruit juice.
- Calories - minimum 1000 - 1500 maximum.
- Calories from Fat - 500 maximum.
- Total Fat (g) - 50g maximum.
- Saturated Fat (g) - 20g maximum.
- Cholesterol (mg) - 60mg maximum.
- Sodium (mg) - 2700mg maximum.
- Total Carbohydrates (g) - 200g maximum.
- Protein (g) - minimum 20g - 70g maximum.

8. The following provides the composition requirements for Complete Heated Lunch Kits:

- Entree - Meat and vegetable entrée 12 oz minimum.
- Bread - Breadsticks or bun type bread.
- Fruit Cup - 4 oz cup minimum.
- Dessert - Large cookie or candy bar 1.5 oz minimum.
- Dessert - Pudding type dessert 2oz minimum.
- Dessert - Dried fruit snack 1.5 oz (Example: Raisins).
- Drink - 8 oz minimum. Water or sport drinks are not approved for use in military meal kits.
- Condiments - when applicable.
- Calories - minimum 1200 - 1600 maximum.
- Calories from Fat - 350 maximum.
- Total Fat (g) - 45g maximum.
- Saturated Fat (g) - 15g maximum.
- Cholesterol (mg) - 80mg maximum.
- Sodium (mg) - 1200mg maximum.
- Total Carbohydrates (g) - 250g maximum.

- Protein (g) - minimum 20g - 50g maximum.

9. The following provides the composition requirements for Complete Heated Breakfast Kits:

- Entree - Breakfast entrée with meat.
- Fruit Cup - 4 oz cup minimum.
- Dessert - Mixed nut pack 1.5 oz minimum.
- Dessert - Dried fruit snack 1.5 oz minimum (Example: Raisins).
- Drink - 8 oz minimum. Water or sport drinks are not approved for use in military meal kits.
- Condiments - when applicable.
- Calories - minimum 1000 - 1300 maximum.
- Calories from Fat - 300 maximum.
- Total Fat (g) - 40g maximum.
- Saturated Fat (g) - 10g maximum.
- Cholesterol (mg) - 70mg maximum.
- Sodium (mg) - 750mg maximum.
- Total Carbohydrates (g) - 225g maximum.
- Protein (g) - minimum 10g - 30g maximum.

10. All meal kits must meet the above specifications. New meal kits that do not have a NAPA number or LSN must be submitted for nutritional assessment to the Quality Assurance Division, Army Center of Excellence, Fort Lee, VA (POC: Loraine Salerno). Product will be submitted using the ACES new product submission form and be tested to ensure nutritional specifications are met. Meal kits in the system that already have NAPA numbers or LSNs do not have to be resubmitted to ACES but the manufacturer/ assembler must ensure the meal kit meets the above specifications.

11. ACES CSPD will notify the Defense Supply Center Philadelphia in writing via email once product has been approved. Meal kits can then be submitted to the DSCP using a National Allowance (NAPA) Local Stock Number Request Form to obtain NAPA number or LSN.

12. POC for this memorandum is Concepts, Systems and Policy Division, ACES, 804-734-4862

//ORIGINAL SIGNED//
Director, Army Center of Excellence,
Subsistence